Patent claims:

1. An apparatus, in particular for a component (3) of a vehicle, for laying at least one cable (2), characterized in that the apparatus comprises a guide means (7), and in that the cable (2) can be moved to a contact-making means (1) by means of the guide means (7).

2. The apparatus as claimed in claim 1, characterized in that the apparatus comprises a transfer means (4) which is preferably substantially in the form of a funnel.

3. The apparatus as claimed in either of the preceding claims, characterized in that the apparatus comprises the contact-making means (1).

4. The apparatus as claimed in one of the preceding claims, characterized in that the transfer means (4) has an inlet opening (5) and an outlet opening (6), in that the cable (2) can be laid from the inlet opening (5) to the outlet opening (6), and in that the cross section of the outlet opening (6) in the laying direction (13) of the cable (2) is approximately the same size as or slightly larger than the sum of the cross sections of all of the cables (2) which are passed through the transfer means (4).

5. The apparatus as claimed in claim 4, characterized in that the cross section of the inlet opening (5) in the laying direction (13) of the cable (2) is at least twice the size of the cross section of the outlet opening (6).

6. The apparatus as claimed in one of claims 4-5, characterized in that a plurality of cables (2) are

provided next to one another at the outlet opening (6), in particular substantially in one plane.

7. The apparatus as claimed in one of claims 4-6, characterized in that the transfer means (4) is made of plastic.

8. The apparatus as claimed in one of the preceding claims, characterized in that the guide means (7) has at least one substantially elongate cable guide (8) with at least one substantially L-shaped surface profile and/or at least one substantially U-shaped surface profile transverse to the laying direction (13) of the cable (2), on which surface profile the cable (2) rests.

9. The apparatus as claimed in claim 8, characterized in that the guide means (7) has precisely one cable guide (8) for each cable (2), with a plurality of cable guides (8) being arranged next to one another in particular.

10. The apparatus as claimed in one of the preceding claims, characterized in that the guide means (7) has a ramp (9) for deflecting a plurality of cables (2) from an inlet plane (10), in which the cables (2) enter the guide means (7), into an outlet plane (11), in which the cables (2) leave the guide means (7).

11. The apparatus as claimed in claim 10, characterized in that the plurality of cables (2) are present at the outlet opening of the transfer means (4) in the inlet plane (10) of the guide means (7).

12. The apparatus as claimed in either of claims 10-11, characterized in that, in the laying direction (13) of the cables (2), the cable guides (8) are at least partly bent such that adjacent cables (2) are parallel

to one another and rest substantially against one another in the inlet plane (10), whereas they are spaced apart from one another in the outlet plane (11).

13. The apparatus as claimed in one of the preceding claims, characterized in that the contact-making means (1) is a pressure-connection terminal, in particular an insulation-displacement terminal.

14. The apparatus as claimed in one of the preceding claims, characterized in that it is produced integrally.

15. A sun visor, in particular for a vehicle, characterized in that the sun visor has an apparatus for laying at least one cable (2) as claimed in one of the preceding claims.

16. A method for laying a cable (2), in particular for connecting components (3) of vehicles, having an apparatus as claimed in one of claims 1-14, characterized in that the cable (2) is laid to the contact-making means (1) by means of the apparatus and contact is then made between the cable (2) and the contact-making means (1).

17. The method as claimed in claim 16, characterized in that the cable (2) is laid to the contact-making means (1) by machine.

18. The method as claimed in either of claims 16-17, characterized in that the contact-making means (1) is at least one pressure-connection terminal, in particular an insulation-displacement terminal, in that the cable (2) is laid up to a point above the pressure-connection terminal, in that the cable (2) is pressed into the pressure-connection terminal by means of the

force which acts on the cable (2), and in that contact is made with the cable (2) in the process.